

ASAE and London Partnership Platform and synchro 20



Luton

Luton

31 October 2009

Level 5 Male

Sambrook, Ben (1994)

Cambridge Dive Team

1

Coach: Josh Karshen

Dive	Description of Dive	AB CD	m	DD	Awards						Total	Points
					5.5	6.0	4.5	4.5	5.0			
105	Forward 2½ Somersaults	B	5	2.6							15.0	0.00
					5.5	6.0	4.5	4.5	5.0			
205	Back 2½ Somersaults	C	5	3.0							14.0	39.00
					5.0	5.0	4.0	4.0	5.5			
405	Inward 2½ Somersaults	C	5	3.1							9.0	81.00
					3.0	3.0	3.5	2.5	3.0			
303	Reverse 1½ Somersaults	C	5	2.1							16.5	108.90
					5.5	5.5	5.5	5.5	5.0			
5233	Back 1½ Somersaults 1½ Twists	D	5	2.5							21.0	143.55
					6.5	7.0	7.0	7.5	7.0			
612	Armstand Somersault	B	5	1.7							20.0	196.05
					6.5	6.5	7.0	6.5	8.0			

Final Score

230.05

Signature of Competitor:

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Place

Signature of Referee:

.....

London

East

Cambridgeshire

Open

1